

DINNERLY



Reduced-Carb Dukkah Chicken with Lemony Silverbeet and Roast Carrots



35 minutes



2 Servings

Give chicken some Middle Eastern flair by coating it in dukkah – an almond, sesame seed and spice blend – then pair with lemony silverbeet and carrots tossed with creamy feta.

WHAT WE SEND

- 2 carrots
- 100g silverbeet
- 1 lemon
- 10g dukkah ^{1,11,15}
- free-range chicken thigh fillets
- 50g feta ⁷

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 20g butter ⁷

TOOLS

- oven tray
- baking paper
- fine grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 505kcal, Fat 32.9g, Carbs 11.8g, Proteins 35.0g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **carrots**, then halve widthwise and cut into wedges. Remove the stems from the **silverbeet** and thinly slice, then coarsely chop the leaves. Crush or finely chop **2 garlic cloves**. Finely grate the zest of **half the lemon**, then juice the half. Cut the **remaining half** into wedges.



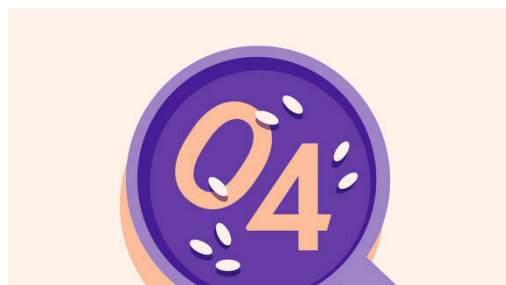
2. Roast carrot

Put the **carrot** on the lined tray, drizzle with **2 tsp olive oil**, season with **salt and pepper** and turn to coat. Roast for 8 mins or until starting to soften (see Make it yours).



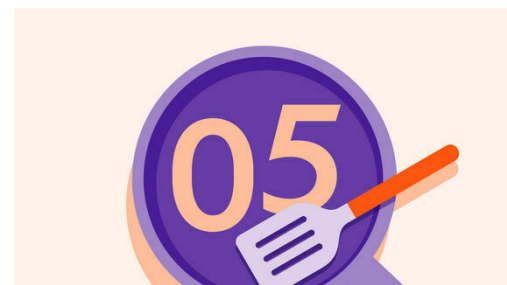
3. Roast chicken

Meanwhile, combine the **dukkah** and **2 tsp olive oil** on a plate and season with **salt and pepper**. Press the **chicken** into the dukkah mixture to roughly coat. Add the chicken to the tray with the carrot and roast for a further 12-15 mins until the chicken is cooked through and the carrot is tender.



4. Make lemony silverbeet

Melt **20g butter** in a medium frypan over medium heat. Add the **garlic**, **silverbeet stems** and **lemon zest** and cook for 30 secs or until fragrant. Add the **silverbeet leaves** and **1 tsp lemon juice*** and cook, stirring, for 3 mins or until wilted. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Crumble the **feta** over the carrot and toss to combine. Thinly slice the **chicken**. Divide the chicken, **carrot mixture** and **lemony silverbeet** among plates and serve with the **lemon wedges** to squeeze over. Enjoy!



6. Make it yours

You can add any veg you have in your fridge to the carrots – zucchini, cauliflower or broccoli would all work well. It's a great way to use up leftover veggies!